

What is claimed is:

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1. A packaged food characterized in that food containing water or an aqueous solution is enclosed in a container, the container having a surface portion made of plastic sheet, at least one vent hole being formed in the surface portion, the vent hole being sealed by an adhesive hole-sealing sheet whose vertical peeling strength is no less than 1 N/cm in the temperature range of 40°C or lower and is no higher than 0.1 N/cm at the temperature range of 80°C or higher.
 2. A container for packaging food characterized in that the container has a surface portion made of plastic sheet, at least one vent hole being formed in the surface portion, the vent hole being sealed by an adhesive hole-sealing sheet whose vertical peeling strength is no less than 1 N/cm in the temperature range of 40°C or lower and is no higher than 0.1 N/cm at the temperature range of 80°C or higher.
 3. A container for packaging food of claim 2, at least one vent hole is formed in the vicinity of the center of a surface portion provided on one side of the container.
 4. A container for packaging food of claim 2 or 3, wherein the hole-sealing sheet seals the vent hole such that the adhesive layer having uneven width provided in the hole-sealing sheet covers the periphery of the vent hole.

5. A container for packaging food of ^{claim 4} ~~any of claims 2 to 4~~, wherein the hole-sealing sheet is made of white chemical paper used as a base material.